



**GREEN  
CHEF**

## CHEESY DIJON PORK CHOPS

*roasted carrots, sautéed green beans, almonds*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

740

### NET CARBS PER SERVING

16 GRAMS

### MENU

KETO // GLUTEN-FREE

If you like savory and tangy pairings, you'll love the way our Swiss cheese and Dijon topping gives tonight's juicy pork chops a rich, bright finish. The pan-seared pork is paired with roasted carrots finished with a dash of crushed red pepper flakes for a hint of heat. A side of buttery green beans studded with toasted almonds rounds out the hearty 30-minute meal.

### INGREDIENTS (8 ITEMS)

3 whole	<b>Carrots</b>
6 oz	<b>Green beans</b>
½ oz	<b>Roasted almonds</b> <small>T</small>
2 oz	<b>Swiss cheese</b> <small>M</small>
¼ oz	<b>Dijon mustard</b>
2 (5 oz)	<b>Boneless pork chops*</b>
1 tsp	<b>Oregano-garlic seasoning</b>
½ tsp	<b>Crushed red pepper flakes</b>

### WHAT YOU'LL NEED

medium sauté pan  
large sauté pan with lid  
baking sheet  
mixing bowls  
measuring spoons  
peeler  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter M  
salt & pepper

### ALLERGENS

T TREE NUTS (almonds)  
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Pork is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



1

**PREP**

- Preheat oven to 425 degrees.
- Cut tops off **carrots** and peel. Halve lengthwise. Lay flat and cut across at an angle into half-moons, about ½ inch thick.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.
- Roughly chop **roasted almonds**.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

**SEASON & ROAST CARROTS**

- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 16-20 minutes, or until fork-tender, stirring halfway through.

3

**MAKE TOPPING**

- Place **Swiss cheese** and **Dijon mustard** in a small bowl. Lightly season with salt and pepper. Stir to combine.

4

**SEASON & COOK PORK**

- Pat **boneless pork chops** dry with paper towels. Season with **oregano-garlic seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **pork** to hot pan. Cook 4-5 minutes on each side, or until evenly browned.
- Spread **Swiss cheese and Dijon topping** over tops of **pork**. Cover pan with lid. Cook about 2 minutes, or until pork is fully cooked and cheese has melted.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

5

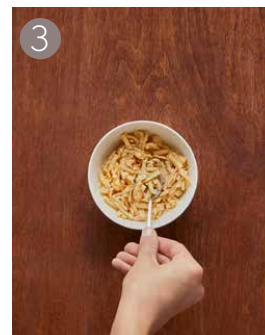
**SAUTÉ GREEN BEANS**

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **almonds** and 1 tablespoon butter. Stir until butter has melted.

6

**PLATE YOUR DISH**

- Divide **cheesy Dijon pork chops** between plates. Serve **roasted carrots** next to pork. Sprinkle carrots with **crushed red pepper flakes** to taste (or omit). Pile **green beans with almonds** on the side. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (439g)

Amount per serving

Calories 740

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 15g	75%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 940mg	41%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 371mg	30%
Iron 3mg	15%
Potassium 708mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

**Pork Chops** [pork], **Swiss Cheese** [pasteurized part-skim milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Green Beans**, **Almonds** [almonds], **Crushed Red Pepper Flakes**, **Carrots**

Allergen information:

Contains Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.